



THE CENTER AT PRISCILLA PLACE



Senior Center Serving Adults Age 55+

23 Priscilla Place • (203) 452-5199

OCTOBER 2018

Senior Commission Chairman

Amy DeZenzo (203) 261-0872

Director of Human Services

Michele Jakab (203) 452-5144

Administrative Assistant

Ashley Ryan Grace (203) 452-5199

Senior Center Receptionist

Jeannie Franco (203) 452-5199

Social Services

Jennifer Gillis (203) 452-5133

Food Pantry

Monica Vallejo (203) 452-5135

First Selectman

Vicki Tesoro (203) 452-5005

The Center will be closed on Monday, October 8th in observance of Columbus Day

Trumbull Senior Center's First Art Expo

Wednesday, October 24th

10:30 AM



Join us for an art expo to meet and greet with our wonderful art instructors and view the work of our talented artists at the Center. Some of our artists' work will be up for sale. Don't miss out!

Refreshments will be served by
Brightview Senior Living.

Veteran's Group

Beginning Friday, October 12th

9:00 AM

All Veterans are welcome; any gender, any era, branch of service, or type of discharge. Join Christopher Dean, MSW Student, every 2nd Friday of the month for discussion and support. To RSVP, please call (203) 452-5199

Family Conflict Group Returns

Thursday, October 18th

2:00 PM

For any questions and to sign up, please contact **Chante Moreno** at (203) 452-5155 or cmoreno@trumbull-ct.gov.
See page 3 for more details

SENIOR CITIZEN COMMISSION

Chairman - Amy DeZenzo

Secretary - Gail D'Elia

Clerk - Barbara Crandall

Ron Foligno

Roberta Bellows

Evelyn Wiesner

Mary Isaac

Marcy Kelly

Come For Lunch!

The Dining Room

Halloween Special

Wednesday, October 31st

Screaming Spit Pea Soup
Lurching Linquni and Creepy
Clam Sauce

Sautéed Growling Garlic Stir Fry
Delicious Dump Cake

Catered by A Pinch of Salt

Suggested Donation \$3.25

Reservations must be made

(2) days in advance by

calling

203-378-3086.

Music played by



DJ Al Song!

Slim Approach

Do It Your Way!

Thursdays at 10:00 AM

Join us weekly as we discuss health, weight-loss, recipes, and offer each other support. This is not a weight-loss only group. It is for weight-loss, weight gain, maintaining your weight or learning to be happy just the way you are!

New members are welcomed!

Afternoon Movie or TV Show

Every Thursday at 12:00 PM

Bring your lunch.

The Crown, Season 1 and Season 2

We will watch 2 episodes per week. Until we finish Season 1 and 2. For more information and to RSVP, please call (203) 452-5199.



CENTER HOURS

Monday through Friday

9:00 AM—4:00 PM

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mcarofano@lpiseniors.com
or (800) 477-4574 x6347

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Trumbull Senior Center

06-5293

WORKSHOPS, LUNCH AND LEARNS, EVENTS

Live Well Workshop

Living with a Chronic Illness

October 4th, 11th, 18th, 25th

November 1st, 8th

1:00 PM

Are you an adult with an ongoing health condition such as arthritis, diabetes, heart disease, high blood pressure, or depression? Are you caring for someone with a chronic health condition? This six week workshop can help you be in control and feel better! For more information and to RSVP, please call (203) 452-5199.

Lunch and Learn

Brightview Senior Living

Wednesday, October 10th

10:30 AM

Please join Brightview Shelton for an information session to learn about the many possibilities we have to offer! Lunch will be provided by Focaccia's in Shelton. For more information and to RSVP, please call (203) 452-5199.

Tours of Distinction Presents

Wednesday, October 17th

10:30 AM

Join Tours of Distinction as they discuss their upcoming 2019 trips including their Alaskan Land and Sea Cruise and a five day Quebecois Tour. For more information and to RSVP, please call (203) 452-5199.

Family Conflict Group

Thursday, October 18th

2:00 PM

This group is run by a licensed professional and is for **anyone** feeling frustrated with their family relationships. For any questions and to sign up, please contact **Chante Moreno at (203) 452-5155 or**

cmoreno@trumbull-ct.gov.

The group will normally run the 1st and 3rd Thursday of the month.

Flu Clinic

Monday, October 22nd

10:00 AM—11:30 AM

Flu season is coming! Stop by the Center to receive your flu shot.

Provided by the Trumbull Health Department. Please bring your driver's license/I.D. and insurance card. Short sleeve shirt recommended. See page 8 for accepted insurances. To sign up, call (203) 452-5199.

Art Expo

Wednesday, October 24th

10:30 AM

Join us for an art expo to meet and greet with our wonderful art instructors and view the work of our talented artists at the Center. Artwork will be available for sale. Don't miss out!

Refreshments will be served by Brightview Senior Living.

To RSVP, please call (203) 452-5199.

Brain Health Cooking Demo

Monday, October 29th

1:00 PM

Please join Chef Gary Seri from Bridges by EPOCH at Trumbull as he prepares a brain healthy lunch and dessert. During the cooking demonstration, Gary will be talking about brain healthy foods. Prior to joining Bridges as the Director of Dining Services, Gary owned Panino's restaurant in Monroe for 15 years and Stone River Grille in Sandy Hook. Bridges by EPOCH at Trumbull is an all memory care assisted living community that has been open for three years and is a resource for dementia education and support. To RSVP please call (203) 452-5199.

Upcoming Events

- **Fall Risk Prevention Presentation**
Monday, November 19th
1:00 PM
- **Smile Awhile Holiday Show**
Friday, November 30th
11:00 AM

WISh LIST

-GROCERY STORE COUPONS
-DECAF COFFEE
-PACKAGED COOKIES AND CAKES
-UPDATED MAGAZINES
-PAPER PLATES, CUPS, UTENSILS

PROGRAMS

Knitting & Crochet Group

Every Tuesday

10:00 AM

Please bring your own supplies. Extra yarn is available. Donations welcomed. Everyone welcome.

Daily Lunch Program

Join us for a hot lunch

Monday-Friday at 11:45 AM.

Reservations required 2 days in advance. Call (203) 378-3086. Suggested donation of \$3.25.

Alternative Menu:

Chef Salad: carrots, cherry tomatoes, spring mix, cucumbers, cheese and low sodium turkey breast. (Egg salad and tuna are substituted.)

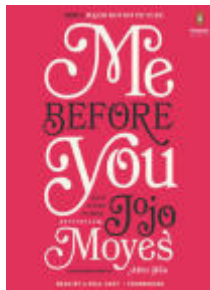


The Book Club

October Book:

"Me Before You" by Jojo Moyes

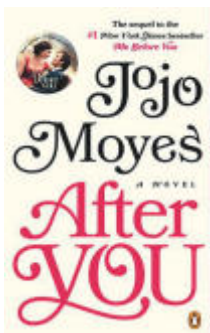
**Monday,
October 1st,
11:00 AM**



November Book:

"After You" by Jojo Moyes

**Monday,
November 5th,
11:00 AM**



Computer Tutor: 1:1 Sessions

Every Wed. and Thurs.

10:30 AM—12:00 PM

- How to send emails/photos, use the internet, social media, anything!

You must RSVP. (203) 452-5199. \$5.00 for non-residents. If you have a laptop, please bring it in.

Slim Approach Group

Every Thursday, 10:00 AM

Weekly weight management support group. *New members are welcomed!*

Lunch and Movie

Friday, October 19th

11:30 AM—1:00 PM

Sponsored by Ludlowe Center for Health and Rehabilitation.



Feature Film: Beetlejuice

Michael Keaton, Academy Award winner Geena Davis, Alex Baldwin and Winona Ryder star in director Tim Burton's comic twist on supernatural horror tales-- Beetlejuice. To RSVP, please call (203) 452-5199.

Monthly Birthday Party

Friday, October 26th

11:30 AM

Come celebrate our October birthdays! Cake and coffee will be served. This event is sponsored by SYNERGY Homecare. To RSVP, please call (203) 452-5199.

New Bingo

Friday, October 26th

1:00 PM—3:00 PM

(bus leaves at 2:30 PM)

To RSVP for Bingo, please call (203) 452-5199.

Sponsored by SYNERGY Homecare and Right at Home. \$1.00 for the first two cards. \$1.00 each additional card. 10 games will be played. All cash prizes.

Sue's Salon

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Price List:

Shampoo/set/blow dry: \$15.00
Shampoo/cut: \$18.00, Neck Trim: \$10.00, Color/cut/set: \$50.00 +
Perm/wash/cut/set/blow dry: \$65.00

GAMES

Billiards Monday-Friday.

Call the office to get in touch with other players! Let's get a group going!

Poker Mondays and Thursdays

9:00 AM—3:30 PM

Come join us for a fun game. Don't forget to bring your poker face!

Bocce Ball Mondays 9:00 AM

Join us outside for a fun game of Bocce Ball. The Bocce Court is open Monday-Friday from 9am-4pm. You can play anytime.

Texas Hold'em

Wednesdays and Fridays

10:00 AM—3:30 PM

Pinochle

Wed, Thurs, Fri

12:30 PM

Join a game and/or start your own!

Mah-Jongg

Wednesdays & Fridays

Interested in playing billiards?

Call: Madeline Raymond
203-365-0565

FITNESS CLASSES

Mondays:

Stretch/Strengthen with Nancy-9:00 AM Stretch, balance, aerobic and strength exercises. Optional: bring weights.

International Folk Dance with Leng -10:00 AM A wonderful exercise for your mind, body and spirit.

Beginners Line Dance with Shirley-1:00 PM Line dance to different types of music.

Yoga with Jeannie-2:00 PM Focuses on deep breathing, balance, strength and flexibility.

Tuesdays:

Fit for Life Exercise with Marylou-9:15 AM Low-impact aerobic exercise/dance (including a weights segment).

Ballroom Dance with Mike Stavola-10:30 AM Ballroom dance lessons with or without a partner.

Sit and Fit with Becky and Marylou-10:30 AM A gentle, seated exercise class aimed to reduce stress, gain flexibility and strength.

Zumba Lessons with Mike Stavola-11:30 AM Have fun while you dance to energetic music!

Tai Chi Quan for Better Balance with Alma-1:30 PM Focuses on improving balance and reducing stress.

Wednesdays:

Yoga with Jeannie -9:00 AM This exercise focuses on breathing, stretching, balance and flexibility movements.

Jazzercise with Marylou-10:10 AM Combination of low-impact aerobic exercise and dance.

Tap Dance with Shirley-11:00 AM Experience required. Please bring your own tap shoes.

Qigong with Julie-12:30 PM Practice that focuses on lowering stress, improving immunity and strengthening internal and external balance.

Thursdays:

Balance, Core and Stretch (Pilates)-with Jeannie-9:00 AM This class focuses on breath, balance, core and total body strength and stretch. Bring a mat.

Strength Training with Nancy-10:15 AM Build strength and muscle while feeling stronger and more flexible. Please bring your own weights.

Feldenkrais with Cathy-11:30 AM Awareness through movement. Learn the importance of proper movement techniques while sitting.



Fridays:

Dance & Tone with Jeannie-9:00 AM Dance to international music while toning the entire body.

Tai Chi with David-10:15 AM An ancient martial art that helps improve balance and relieve pain.

Israeli Dance with Leng—11:30 AM Israeli Dance is great exercise for your mind, body and soul. No experience necessary. \$5.00 per class.

ART CLASSES

Mondays:

Drawing with Christine-9:45 AM This course, taught by Artist Christine Goldbach, covers the fundamentals of drawing emphasizing the use of line, shape, value and composition. All levels welcome.

Tuesdays & Thursdays:

Watercolors with Sabine-9:30 AM Water color class taught by Artist Sabine Bonnar. All levels are welcome.

A supply list will be provided.

Fridays:

Acrylic/Oil Painting with Christine-10:00 AM A painting class taught by Artist Christine Goldbach utilizing acrylic and oil paints. All levels are welcomed. Please bring your own supplies and subject matter. A supply list will be provided.



The Travel Corner: *Let Your Journey Begin*

We provide transportation to Trumbull residents, age 60 and over and/or age 55-59 and disabled, along with their caregivers. Rides to doctors, shopping, and the Senior Center. Service animals and assistive devices welcome.

Pick up times for the Senior Center bus are from 8:45 am-10:00 am with reservations. Medical ride appointments are on a first come, first serve basis. Monday, Tuesday, and Thursday.

Pumpkintown USA and Sadler's Restaurant Thursday, October 18th

Stroll through the Pumpkintown Village and take a mile long hayride while catching a glimpse of over 30 decorative pumpkin heads. Visit the shops and enjoy a refreshing cup of apple cider with a fresh baked apple cider donut. Travel down the road for a delicious lunch at Sadler's Restaurant. Admission to Pumpkintown USA and hayride is \$13.00. Cash or check only; please pay at the front office. Checks can be made out to Pumpkintown USA.

You are responsible for the cost of your lunch and shopping. Transportation fee is \$2.00.

To RSVP, please call (203) 452-5199.

Bus Schedule:

- Bus will leave the Center by 9:30 AM
- Pumpkintown USA from 11:00 AM—1:00 PM
- Sadler's Restaurant from 1:15 PM—2:30 PM
- Bus will return to the Center by 3:30 PM

Trumbull Mall/PriceRite:

Choose what store or restaurant you want to go to.

Must RSVP: (203) 452-5199

Estimated pick up time between 9:00 am-10:00 am

Stores include the Trumbull Mall, PriceRite, Marshalls, Stop and Shop, and more. Hop on and let the driver know where you would like to go!

- **Thursday, October 4th**

The Shuttle Loop:

Choose what store or restaurant you want to go to.

Must RSVP: (203) 452-5199

Estimated pick up time between 9:00 am-10:00 am

Stores within the "Loop" include Big Y, ShopRite, Best Buy, TJ Maxx, Kohl's & Target. Hop on and let the driver know where you would like to go!

- **Thursday, October 11th**

The New England Carousel Museum and Applewood Restaurant Thursday, October 25th

Take a ride back in time and visit the New England Carousel Museum in Bristol. The museum is home to over 100 carousel memorabilia items. Enjoy a delicious lunch at Applewood Restaurant. Admission to the museum is \$5.50; please pay at the front office.

Cash or check only. Checks can be made out to the New England Carousel Museum. You are responsible for the cost of your lunch. Transportation fee is \$2.00. To RSVP, please call (203) 452-5199.

Bus Schedule:

- Bus will leave the Center by 9:45 AM
- The New England Carousel Museum 11:00 AM—12:30 PM
- Applewood Restaurant 12:45 PM—2:15 PM
- Bus will return to the Center by 3:30 PM

Rides to Stop and Shop Schedule

- Stern Village: Wednesdays (pick up 9:00 AM-9:15 AM)
- Trumbull Residents: Tuesdays (pick up 9:15 AM-9:45 AM)

Shopping is from 10:00 AM -11:00 AM.

You will be picked up between 9:00 AM-9:45 AM.

Wheelchair accessible, aides or caregivers are welcome. Must RSVP: (203) 452-5199



NEWS FROM THE OUTREACH DEPARTMENT



Medicare's Open Enrollment Period is October 15th - December 7th

What is Medicare Open Enrollment?

October 15 to December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

How do people know if they need to change plans? People in a Medicare health or prescription drug plan should always review the materials their plans send them and make sure their needs are still met for the following year. Plans can change year to year.

Where can I go to get help? You Have CHOICES: Connecticut's program for Health insurance assistance, Outreach, Information and referral, Counseling, Eligibility Screening.

- Senior Center/Social Services Counselor Jennifer Gills (203) 452-5133

The CHOICES Program:

- Provides information to persons age 60 and older and persons with disabilities.
- Is a cooperative program of the State of Connecticut Department of Social Services, the Area Agencies on Aging, and the Center for Medicare Advocacy.
- Is comprised of both staff, in-kind professionals from local service agencies and volunteers.
- Is also known as the CT SHIP or State Health Insurance Assistance Program.
- Is funded by the Centers for Medicare and Medicaid Services and the Administration on Aging through the Older Americans Act.
- Produces the following guides: -Guide to Choosing a Medicare Prescription Drug Plan in Connecticut

Energy Assistance:

Social Services will begin taking applications for the 2018-2019. Winter Heating/Energy Assistance Program beginning in October. The Connecticut Energy Assistance Program (CEAP) can assist households with their primary heating source (oil, gas, electric) costs during the winter months. If the household's primary heating costs are included in rent, you may also apply for assistance. **THIS PROGRAM IS INCOME AND ASSET BASED.** Please call Social Services directly @ 203-452-5198 for program guidelines, required documentation and to schedule an appointment. Home bound visits are available upon request.

**ALL INQUIRIES ARE
STRICTLY CONFIDENTIAL**

Is your Home Safe for you?

Would you like a Home Safety Check that could help prevent a fall and help you remain more independent in your home?

The Social Services Department offers free home visits to all Trumbull Residents that are interested in ensuring their home is safe from hazards that could jeopardize their independence. The department will send someone out to conduct a safety check with you. No work or assistance is performed on your home, but recommendations will be made. Such recommendations could be:

- Removing trip hazards such as area rugs or cables
- Looking at furniture that could be blocking an exit
- Suggesting more lighting
- Moving the telephone so you can safely get to it in the event of an emergency.

The Social Services Department also offers in home benefit screenings and information and assistance.

**If you are interested,
please contact Michele Jakab at (203) 452-5144.**

911

CT

**NEED 9-1-1?
CALL IF YOU CAN.
TEXT IF YOU CAN'T.**

Text-to-911 is now available in Connecticut. If you need help, but can't safely speak on the phone or are unable to speak, use your mobile phone to send a text message to 9-1-1.

When to use it

Calling is the best and fastest way to reach 9-1-1. But you should text if:

You're deaf, hard of hearing, or have a speech disability.

You're in a situation where it's not safe to call 9-1-1 for help.

You're having a medical emergency and cannot speak on the phone.

Text-to-911 is now available in CT!

If you need help, but can't safely speak on the phone or unable to speak, use your mobile phone to send a text message to 9-1-1.

See below for details!

How it works:

1. Enter the numbers 911 in the "To" field
2. Text the exact location of the emergency
3. Briefly describe what kind of help you need
4. Push the "Send" button
5. Respond to any questions
6. Follow instructions
7. If you're driving, pull over when it's safe.

Flu Shots at the Senior Center

**Monday, October 22nd—10:00am – 11:30am
Fight The Flu!**

- Protect yourself, protect others - Get a flu vaccine every year
- Prevent the spread of germs - Cover coughs and sneezes

*Please bring your driver's license/I.D. and Insurance card
Short sleeve shirt recommended*

Provided by the Trumbull Health Department

Trumbull Health Department only accepts:

Medicare Part B, Aetna, Aetna Medicare Advantage, Anthem BC/BS, Cigna, ConnectiCare, Connecticare VIP Medicare, and Oxford

To sign up, please call (203) 452-5199



Hardship and Emergency Assistance

The Town of Trumbull offers Hardship and Emergency Assistance to Trumbull Residents in need. Please call Social Services to inquire about program criteria and eligibility.

Applications are available online at:

<http://www.trumbull-ct.gov/content/10623/10655/11041/default.aspx>
Or
Call Jennifer Gillis (203) 452-5133

Michele Jakab at (203) 452-5144

Your Donation Matters

Would you like to leave a donation in memory of someone or help fund a particular class or program?
Donations are used to support Senior Center programs that enrich the lives of seniors at the center and in the community. All contributions are gratefully accepted. Here are some donation suggestions: Arts and Crafts, In Memory of., Luncheon scholarship, Exercise Workshop.

**Please make the check payable to:
The Trumbull Senior Center**

If you would like to specify what your donation is for, please do so here or on the memo of your check:

Thank you for your support!

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Stretch 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 11:00 Book Club 1:00 Line Dancing 2:00 Yoga	1 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba Lessons 1:30 Tai Chi Quan	2 9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 12:30 Pinochle & Mahjong 12:30 Qigong	3 9:00 Balance & Core 9:00 Trumbull Mall/PriceRite 9:30 Water Colors 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:00 Movie/Show 12:30 Pinochle 1:00 Live Well Workshop	4 9:00 Dance & Tone 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Israeli Dance 12:30 Mahjong & Pinochle 1-4 Billiards Game
8 The Center will be closed in observance of Columbus Day. 	9 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba Lessons 1:30 Tai Chi Quan	10 9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 10:30 Brightview Senior 11:00 Tap Dance 12:30 Pinochle & Mahjong 12:30 Qigong	11 9:00 Balance & Core 9:00 Loop Trip 9:30 Water Colors 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:00 Movie/Show 12:30 Pinochle 1:00 Live Well Workshop	12 9:00 Dance & Tone 9:00 Veterans Support 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Israeli Dance 12:30 Mahjong & Pinochle 1-4 Billiards Game
15 9:00 Stretch 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 1:00 Line Dancing 2:00 Yoga	16 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba Lessons 1:30 Tai Chi Quan	17 9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 10:30 Tours of Distinction 11:00 Tap Dance 12:30 Mahjong & Pinochle 12:30 Qigong	18 9:00 Balance & Core 9:30 Water Colors 9:30 Pumpkintown 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:00 Movie/Show 1:00 Live Well Workshop 2:00 Family Conflict Group	19 9:00 Dance & Tone 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Israeli Dance 11:30 Lunch + Movie 12:30 Mahjong & Pinochle 1-4 Billiards Game
22 9:00 Stretch 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:00 Flu Shots 10:30 Bridge 1:00 Line Dancing 2:00 Yoga	23 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba Lessons 1:30 Tai Chi Quan	24 9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 10:30 Art Expo 11:00 Tap Dance 12:30 Pinochle and Mahjong 12:30 Qigong	25 9:00 Balance & Core 9:30 Water Colors 9:45 Carousel Museum 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:00 Movie/Show 1:00 Live Well Workshop	26 9:00 Dance & Tone 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Monthly Birthday 11:30 Israeli Dance 12:30 Mahjong & Pinochle 1:00 New Bingo 1-4 Billiards Game
29 9:00 Stretch 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 1:00 Line Dancing 1:00 Cooking Demo 2:00 Yoga	30 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba Lessons 1:30 Tai Chi Quan	31 9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 12:30 Pinochle and Mahjong 12:30 Qigong		

Genesis

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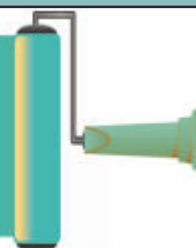
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THE DINING ROOM

Trumbull Senior Community Café October Menu Enhanced Trumbull Café 203-378-3086 MENU ITEMS SUBJECT TO CHANGE SUGGESTED DONATION \$3.25				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Caesar Salad Roast Pork with Apple Glaze Sesame Noodles Buttered Beets Mandarin Oranges	2 Tomato and Corn Salad BBQ Chicken Baked Beans Spinach Fruit Cup	3 Yankee Bean Soup Baked Ziti with Ricotta Green Beans Chocolate Pudding	4 Mixed Greens Pepper Steak with Onions and Peppers Steamed Rice Broccoli Peaches	5 Minestrone Soup Baked Fish with Lemon Mashed Potatoes Mixed Vegetables Fig Newtons
8 Cucumber and Tomato Salad Turkey Meatloaf with LS Turkey Gravy Baby Potatoes Peas and Carrots Fresh Fruit	9 Cream of Mushroom Cheese Ravioli with Meat Sauce Parmesan Cheese String Beans Fresh Orange	10 Romaine Salad Chili with Beans, Red Peppers, Cheddar Cheese Broccoli Taco Boats Strawberry Cake with Topping	11 Artichoke Salad Chicken with Stewed Tomatoes Yellow Rice Zucchini Tropical Fruit Cup	12 Garden Vegetable Soup Shrimp with Alfredo Pasta Sweet Peas Ice Cream Sandwich
15 Corn Salad Swedish Meatballs Egg Noodles Green Beans Peaches	16 Carrot Slaw Roasted Pork Loin Pork Au Jus Wild Rice String Beans Fruited Jell-O	17 Garden Salad Chicken Parmesan Spaghetti Broccoli Grapes	18 Caesar Salad Crispy Fish Sweet Potato Fries Cole Slaw Orange	19 Romaine Salad Roasted Turkey LS Gravy Mashed Potatoes Peas with Onions Cranberry Sauce Apple Pie
22 Beef Barley Soup Vegetable Lasagna with Ricotta Broccoli Brownie	23 Mixed Greens with Black Olives Cheeseburger Lettuce and Tomato Corn and Peppers Fresh Fruit	24 Tomato Soup Garlic Chicken Roasted Squash Steamed Cabbage Oatmeal Raisin Cookie	25 Mixed Greens Spaghetti and Meatballs Roasted Cauliflower Fruit Cup	26 Three Bean Salad Glazed Ham Roasted Sweet Potatoes Spinach Pineapple Chunks
29 Tossed Salad Oven Fried Chicken Macaroni and Cheese Green Beans Honeydew Melon	30 Cucumber Salad Stuffed Cabbage Rice Broccoli and Cauliflower Tropical Fruit Cup	31 Screaming Spit Pea Soup Lurching Linguini and Creepy Clam Sauce Sautéed Grouching Garlic Stir Fry Disastrously Delicious Dump Cake		

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Museum Without Walls Thursday, October 18th, 2018 \$114.00 Per Person

Lunch at The River Grill with Picturesque views of the Hudson Valley. Visit Storm King Art Center, the world's leading sculpture park. Next is the Dia: Beacon Museum.

All gratuities and taxes included.

Tours of Distinction



United Nations and Carmine's Monday, October 22nd, 2018 \$114.00 Per Person

Head to the Big Apple for a day of peace and justice!

Guided tour at the United Nations. Go behind-the-scenes.

Lunch at Carmine's family style. Garlic Bread, Mixed Green Salad, Linguine with Clams (Red Sauce), Rigatoni & Broccoli, Meatballs, Chicken (Lemon & Butter), Dessert, Coffee, Tea.

Tours of Distinction



Broadway: Wicked or My Fair Lady. Your choice! Wednesday, October 24th, 2018 Orchestra/Front Mezzanine Tickets

Lunch at the famous Carmine's
\$259.00 Per Person
Tour Director and all gratuities included.

Getaway Tours

Overnight Trip with Tours of Distinction Christmas in Cape May December 4-6, 2018

**Deposit Date: ASAP \$50.00
Final Payment: October 29th**

Single: \$765.00

Double: \$649.00

Triple: \$609.00

Includes: transportation, 5 meals, cocktails, lunch at Carmine's, sightseeing tour, reserved *orchestra seats* to Radio City's Christmas Spectacular, baggage handling, tour director, all gratuities/taxes

Radio City Christmas Spectacular Friday, November 16th, 2018 \$200.00 Per Person

Enjoy a delicious lunch at Carmine's in New York City. After lunch, depart to Radio City Music Hall to see the world famous Rockettes in the Radio City Christmas Spectacular.

Includes: transportation, Radio City Christmas Spectacular, lunch at Carmine's, Gratuities for Driver and Tour Director.

Getaway Tours

Holiday Tea at Caramoor Holiday Tea Musicale Rosen House Wednesday, December 5th, 2018 Cost: \$121.00 Per Person

Visit Caramoor Center for Music and the Arts, located in Katonah, NY. Your cultural exploration begins with a docent-led tour of the historic Rosen House. Sit back and relax in the majestic Music Room for a concert of holiday music.

Enjoy a relaxing holiday tea consisting of a variety of tea sandwiches, scones with clotted cream, desserts, and a selection of teas.

Tours of Distinction

White Christmas Featuring Rob Zappulla at the Aqua Turf Monday, December 10th, 2018 \$90.00 Per Person

Rob Zappulla and his Big Band will perform a selection of holiday hits! Enjoy a delicious lunch at the elegant Aqua Turf in Plantsville.

Friendship Tours

Westchester Broadway:

The Edward Twins Holiday Show Tuesday, December 18th, 2018 \$103.00 Per Person

Travel to New York to the Westchester Broadway Theatre to watch the famous Edward Twins Holiday Show.

A delicious lunch is included.

Includes: transportation, lunch and show, and driver's gratuity

Getaway Tours